

Intervention: Shifting Gears

Finding: Sufficient evidence for ineffectiveness

Potential partners to undertake the intervention:

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|---|--|
| <input type="checkbox"/> Nonprofits or local coalitions | <input type="checkbox"/> Businesses or labor organizations |
| <input checked="" type="checkbox"/> Schools or universities | <input type="checkbox"/> Media |
| <input type="checkbox"/> Health care providers | <input type="checkbox"/> Local public health departments |
| <input type="checkbox"/> State public health departments | <input type="checkbox"/> Policymakers |
| <input type="checkbox"/> Hospitals, clinics or managed care organizations | <input type="checkbox"/> Other: |

Background on the intervention:

Shifting Gears focuses on tobacco, alcohol, and marijuana. It uses six sessions to build social skills with the goal of enabling students to resist pressures to use drugs or to engage in hazardous behaviors such as drinking and driving.

Findings from the systematic reviews:

A systematic review by Foxcroft, et al., asserts that Shifting Gears is an ineffective intervention and does not recommend its implementation.

References:

Foxcroft DR, Ireland D, Lister-Sharp DJ, Lowe G, Breen R. Longer-term primary prevention for alcohol misuse in young people: a systematic review. *Addiction* 2003 Apr; 98(4):397-411.